

# Bentwood Summer Sports Power Camp

## At Bentwood's *New* Fitness Center & Multisport Complex

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**Start Date:** June 5 – Aug 11, 2017

Will consist of 4 workouts a week Tuesday – Friday

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**Times:** \*Elementary School\* 8:00 -9:00

Middle School & High School 10:00 – 11:30

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**Cost:** Members - \$40 a week or \$140 for the month

Non-members - \$45 a week or \$160 for the month

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### Description:

To be an elite athlete today, you must train like an elite athlete. Modern exercise science is helping athletes grow in strength, speed, and skill faster than ever. Therefore, a program that is built towards achieving maximum performance is crucial in sports development. This camp will be run just as a collegiate and professional strength and conditioning program runs. Each day will be dedicated towards improving the athletes speed, power, and strength so that they may excel in their sports. Proper running and weight lifting techniques will be implemented to teach the athlete how to decrease the chances of injury in their sport and training. Sign-up ASAP as spots are limited!

\*Elementary level will focus on teaching proper form when running and weight lifting. Body weight along with PVC will be used for the weight lifting portion. Body control and balance will be a key emphasis along with creating a passion for physical activity.

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### Trainers:

**Eva Freeman** – Over 30 years' experience in Fitness. Athlete at the division II (ASU) level. Earned a Bachelor degree in Kinesiology. Two sons who both played at the Division I (UH) level.

**Bryce Zak** – National Strength and Conditioning Association Certified. Collegiate Athlete at both the Division I (TAMUCC) and Division II (ASU) Level. Professional Baseball Player with the Tampa Bay Rays organization. Bachelors in Exercise Science. Masters of Education in Coaching, Sport, Rec, Fitness.

**Trae Davis** – NASM Training certified. Collegiate Athlete at both Division I (Baylor) and Division II (ASU) level. Emphasis in explosive power and body functional control.

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**FMI or Sign up** contact the Bentwood Fitness Center

**Phone:** (325)949-1534

**Email:** [evadena5@gmail.com](mailto:evadena5@gmail.com) (Eva Freeman)